

## **FHSAA Region 2 Meet at Lake Region High School.**

Cost for spectators is \$7 per person.

- Schedule
- Friday (11/6)
  - o Course preview (2-5pm)
  - o If you need to make other arrangements please contact Coach Blackburn at (863) 224-4085
- Saturday (11/7)

o 6:15am- Gates open for Teams and Spectators.

§ Packet pickup is on the Track/ finish line (no Packet pickup is available for course preview)

o 7:30am- Coaches meeting

o 8:00am- Girls

o 8:30am- Boys

· No formal award presentation will be held. (We will announce the results over the PA system and Coaches can come get the awards at that time.)



## **Lake Region High School Cross Country COVID-19 Risk Mitigation Procedures**

### **Risk Mitigation Procedures for Competitions**

1. What will be required?
  - a. Social distancing of at least 6 feet should always be maintained. No hugging, shaking hands, or fist bumps for support/encouragement.
  - b. Teams will pick up their race packets at the Track. They will find wristbands that will allow them to access the team tent area. ALL TEAMS must set up in the team tent area.
  - c. Teams will not be called to the starting line prior to 5 minutes before their race.
  - d. Areas near start and finish will be designated off-limits to spectators.



(The track will only be open to coaches. no spectators on the Track.)



- e. The finish chute will be both widened and extended to provide for social distancing and so athletes can be quickly moved from the finish line area to team area.
- f. Athletes should wear masks upon arrival to the event until they begin warming up and wear masks upon completion of their event.
- g. Team areas will be off-limits to all spectators.
- h. Athletes will only be allowed to use the restrooms located inside the team tent area.
- i. Meet official will not gather runners to a central spot prior to each race
- j. There will not be an awards ceremony. The coach will pick up awards after meet. Team winners grab trophy and take picture on their own after meet.
- k. Finish: Elite Timing will be providing Fully Automatic Timing (FAT). Results will be posted on [elitetiming.net](http://elitetiming.net).
- l. Coaches should plan on having their own hydration for their athletes after the race. I will have some water bottles at the finish line that the athlete can grab and go.
- m. Transportation to the meet. It is recommended that all teams travel together to the meet either by bus or team vehicles. This will help expedite the entry into the venue and less people for the volunteers to have to check.

2. How can risk to/from spectators be mitigated?

- a. Team areas will be off-limits to all spectators.
- b. Areas near start and finish will be designated off-limits to spectators.
- c. Spectators will be asked to wear masks and obey social distance guidelines.
- d. All volunteers would be required to wear a mask
- e. Spectators will only be allowed to use the restrooms located outside the team tent area.